

## **Volunteer Profile: Jake Weaver**

### **Cross Country Canada 2016 Volunteer of the Year Award**

Jake has selflessly dedicated thousands and thousands of volunteer hours to coaching the sport of cross-country skiing. He has been the driving force behind the success of his club's athlete development program and has played an important role in the evolution of Cross Country BC's 'high performance' programming. He has also been an important influence in the LTAD-alignment of both his club and division athlete development programs. Most notably, however, Jake is a team builder who encourages collaboration among BC clubs and coaches to allow all athletes the best possible opportunity to achieve their potential.

#### **Below lists some of the ways in which Jake has contributed to the sport.**

##### **Coach**

- Hollyburn Cross Country Ski Club Bunnyrabbits (2000s)
- Hollyburn Cross Country Ski Club Jackrabbits (2000s)
- Hollyburn Cross Country Ski Club Track Attack program (2000s)
- Hollyburn Cross Country Ski Club Head Coach (2009 to present)
- Lead role in organizing and delivering CCBC Regional (Coast) Camp Program (2009 to present)
- BC Ski Team Assistant Coach (2009 to present)
- NCCP Level 3 coaching certification (2009); then took new NCCP system training through to NCCP Comp-Dev trained (2013)
- Continually taking advantage of opportunities to increase his coaching expertise, to be mentored and to mentor others
- Encouraging and mentoring club coaches and other key club volunteers (currently hosting/mentoring a young coach from France on a four month internship)

##### **Board of Directors/Committees**

- Hollyburn Cross Country Ski Club Board of Directors (2005 to present)
- Callaghan Valley Training Centre Board of Directors (2007-2015)
- CCBC Athlete Development Committee (2007 to present)
- CCC High Performance Committee (2010 to present)

##### **Testimonials**

###### ***Chris Manhard, CCBC Provincial Coach***

Jake is an outstanding coach and example to all of us for his commitment to and tireless efforts on behalf of cross country skiing.

###### ***Dirk Rohde, Hollyburn Cross Country Ski Club Chairperson***

Jake is one of the main reasons for the successful development of young racers in our region. Hollyburn Cross Country Ski Club has transformed from being a Jackrabbit club (formerly the Hollyburn Jackrabbits) that sent those skiers that were interested in racing to other clubs when they turned 12, to having one of the top junior teams not just in BC, but in Canada as well. Jake is the driving force behind this group of racers and coaches.

- ✓ He started out in the early 2000s just wanting to help out when a coach did not show up for a session, and has now developed into a well-qualified high-level coach, devoting many hours to the required training, seminars and experience.
- ✓ He was key in program planning for the club. This included taking the club from a limited number of weekend-only sessions to a race team that trains week-long and year-round.
- ✓ He also played a large part in planning all the club programs so that they are fully integrated and participants can transfer smoothly to the next level, be it competitive or recreational. He helped to identify issues and make changes so that as many children as possible would feel they were an important part of the club and team – not an easy task to say the least given the wide range of needs.
- ✓ Jake has been on the Hollyburn club executive for many years. He devotes many hours to non-coaching related activities for the club as well.
- ✓ In 2010, Jake took on the role of Head Coach. Despite having a full-time dental practice, Jake has contributed so much of his time in his coaching position, year-round and with many late nights, that it could easily be another full-time job on its own. And he has chosen to do this without remuneration of any kind!
- ✓ He takes a one-on-one approach with each racer, starting with speaking with those interested in joining the race team to see if and how they will fit in and then discussing long-term and short-term goals and training plans directly with each skier.
- ✓ He has made a point of developing a team that works together and supports each other. He has also developed a team that gives back to the club, helping out with the younger skiers.
- ✓ I'm not sure where Jake finds the time. It is not unusual to see e-mails from him well after midnight, and he volunteers with a track and field team as well and has taken on various roles at the provincial and national levels of cross country skiing.
- ✓ He has made a point of ensuring all skiers do well, both in the region and internationally. He introduced Emily Weekes, who is a top Paralympic skier, to the sport. He has welcomed skiers from other countries into his home and into our race team.
- ✓ He has mentored a cohesive team of coaches that work with him.
- ✓ It seems that every year for many years now has been more successful than the previous one, to the point in the 2015/16 season where one of the Hollyburn racers (Annika Richardson) was chosen as the only Canadian girl for the Youth Olympic Games, another (Anna Goodwin) qualified for the Canadian Junior B European Tour, several qualified for various divisional and national teams and the club placed third in the club Junior Aggregate rankings at Nationals. We would not be at this point without Jake's devotion.

#### **Jeff Sim, Hollyburn Cross Country Ski Club coach**

Jake has been a tireless volunteer with the Hollyburn Cross Country Ski Club for as long as I can remember – and that's at least 14 years. I've outlined a few of the many ways he has contributed below:

- ✓ Jake has always recognized the different ways his athletes learn and perform and approaches

coaching in a holistic way that looks to ways to improve his athletes as individuals, as athletes, as teammates. In doing so, he has significantly contributed to growing our community of Cross Country Skiers and our community as a whole.

- ✓ Jake coaches from a philosophy of working collaboratively with other coaches in BC and Canada to allow all athletes to achieve their best performances. He has successfully broken down barriers and improved collaboration so that what may have previously been well-guarded secrets (wax of the day), more often than not; BC coaches are sharing information and helping each other.
- ✓ Jake devotes an unbelievable amount of time – personal time, time away from his other career of Dentistry, and time away from family – to volunteer coaching and athlete advocacy. If he were a paid coach, he would be working much more than a full-time position.
- ✓ Jake has fun at what he does and has told me many times how satisfying it is for him to be helping his athletes become great adults who pass along his love for the sport and for good sportsmanship.
- ✓ As a volunteer, Jake has brought about positive change to sport – nationally, provincially, and locally.

***Morna Fraser, Hollyburn Cross Country Ski Club coach***

Jake has been an inspirational leader in the in the Hollyburn Cross Country Ski Club for many years.

- ✓ While Birgit, Jake’s wife, was the first in their family to start coaching for the club, Jake soon became involved in coaching as his children’s interest in cross country skiing grew. Now his son Fred is also coaching.
- ✓ Jake led the club race team for years and officially took over the role of head coach in 2009, consistently leading the race team to new heights.
- ✓ He has also been integral in restructuring club programming to better align with the LTAD model.
- ✓ Jake has been instrumental in attracting and supporting key volunteers to key roles throughout the club.
- ✓ Jake has effectively recruited a support team around him and developed an amazing model for traveling large distances to races and keeping the athletes well fed.

As one of the key race team coaches recently said at a team wrap up - “Thank you for thanking us Jake, but you’re the one we should be thanking, because whatever we do, we can always see that you’re five steps ahead.”

Jake’s lack of need for sleep, unflappable manner, consistency, passion, intellect, and ability to find and develop mentoring opportunities are some of the qualities which have made him the excellent coach he is today.

